

MEET YOUR VENDOR: SANDRA S., PAGE 3

GROUND GOV



NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.

A PLACE TO HEAL



A new recuperative center at Delonis gives patients who don't have a safe home a chance to get better after they get out of the hospital. **Page 6**

SPECIAL REPORT: Rethinking the Ann Arbor housing crisis



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Immigrants can use some benefits without jeopardizing citizenship — new regulation Oct. 15

Groundcover staff

Immigrants to the United States are giving up health and social benefits due to fears of a new federal rule that's scheduled to go into effect in October, according to news reports. The rule can adversely affect an individual's immigration status if they receive public assistance.

However, there are notable exceptions to the changes to the "public charge" regulation, says Robert Gordon, director of the Michigan Department of Health and Human Services. Harmful misunderstandings about the rule deter individuals from seeking help; even though they are in the United States lawfully, they are eligible for assistance and their immigration status will not be affected by getting assistance.

Here's what to know, according to Gordon:

- The rule does not affect individuals who are already citizens or who are in the process of applying for citizenship. Lawful Permanent Residents (green card holders) are only affected if they will leave the United States for more than six months and need to be approved for readmission. The public-charge test does not apply at the time of green card renewal. Citizens or green card holders should be encouraged to get benefits they need and are eligible for.

- The rule does not count receipt of benefits by family members against applicants for green cards. Eligible children can and should continue receiving benefits consistent with state and federal law, regardless of the immigration status of their

parents. Children who apply for green cards themselves may be subject to the rule, but their receipt of Medicaid will not be held against them.

- The use of emergency Medicaid, Medicaid coverage for pregnant women and Medicaid coverage for children under age 21 will not be held against an immigrant in a public-charge determination.

- The rule contains other important exempt categories, including refugees, asylees, U-visa or T-visa recipients, Violence Against Women Act, Special Immigrant Juveniles and some others. Individuals who have or are seeking status in these categories can and should continue receiving benefits consistent with state law.

- The rule only counts use of cash benefits, SNAP, Medicaid (except for

emergency Medicaid, and coverage for pregnant women and children under 21), public housing, and Section 8. Use of other benefits such as WIC, school meals, energy assistance and Affordable Care Act marketplace coverage are not considered for public-charge determinations.

For uncertainties or complicated cases, individuals should see a lawyer. Individuals can go to immigrationadvocates.org for a directory of immigrant-focused legal services available in Michigan.

Further information and resources, including printable fact sheets in several languages, are available at protectingimmigrantfamilies.org/know-your-rights.

Unless the regulation is changed or blocked by litigation, it will take effect on Oct. 15. ●

Learn about whiteness, racism in this podcast-inspired show

Groundcover staff

"Unraveling Racism: Seeing White" is a gallery show and event series spanning two October weekends at 22 North Gallery in Ypsilanti. Inspired by a 2017 podcast series about whiteness, "Seeing White," the show was created by a local group of artists who have listened to, discussed and made art about whiteness. Laurie Wechter, one of the artists, said "listening to the podcast is in no way necessary in order to understand the show."

"We do hope to take the show to other galleries and have a pending space for a show in Detroit in January," she said.

Events will run Oct. 4-6 and Oct. 18-20. Twenty

artists "tug at the hidden strands of systemic racism woven into the fabric of American society — focusing on whiteness," according to a press release.

"Turning the lens around, looking straight at white America — and at the notion of whiteness itself ... You can have racism without individual racists, because systems and structures have been set up in a way that they just run this way on their own," says John Biewen in the first episode of the "Seeing White" series in his podcast, "Scene on Radio." After experiencing the thought-provoking installations at 22 North, you may just want to listen to the series. ●

Know and go

What: "Unraveling Racism: Seeing White"
Where: 22 North Gallery, 22 North Huron Street, Ypsi

Events:

Oct. 4, 7-10 p.m. — opening reception and interactive performance with Melanie Manos

Oct. 5, 1-5 p.m. — talks by Miki Graznak, Azya Moore, Margaret Parker; performance by Lisa Eddy

Oct. 6, 1-5 p.m. — talks by artists Michael Dixon and Laura Earle

Oct. 18, 7-10 p.m. — open discussion

Oct. 19, 6-10 p.m. — closing reception and performances by Will See and Melanie Manos

Oct. 20, 1-5 p.m. — talks by artists Justin Cox and Mia Risberg; performance by Lisa Eddy

Learn more: artkettle.com, 22north.org, sceneonradio.org/seeing-white

GROUNDCOVER

Mission

Creating opportunity and a voice for low-income people while taking action to end homelessness and poverty.

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MEET YOUR VENDOR



Sandra S., vendor No. 233

Who are you?

I'm a Groundcover News vendor that is involved in many other activities.

Where do you normally sell Groundcover?

In the Quaker church [Ann Arbor Friends Meeting House].

When and why did you start selling Groundcover?

In January 2015, because I needed to make quick cash type of income at the moment.

What's your favorite thing about selling Groundcover?

My favorite thing about selling the Groundcover is when I get to interact with a potential buyer and especially when we talk about the articles I've written.

What's something our readers should know?

That thanks to this publication, a lot of vendors just like me have been able to overcome their struggles with homelessness, and being able to maintain housing as well, when only receiving low-income wages otherwise.

What's the most interesting thing that's ever happened to you while selling Groundcover?

I've met people that, noticing I have good people skills, try to recruit me to go work for them.

How would you like to see Ann Arbor/Washtenaw County change for the better?

I'd like if the developmental ideas of transforming publicly owned sites to build and offer affordable housing becomes a fact in the near future. ●



Is it traumatic to be homeless? Picture the treatment options

SANDRA S.

Groundcover vendor No. 233

I have studied psychology for a while, and it appears the experts don't consider homelessness traumatic. You hear professionals say that being in combat creates trauma. Or perhaps you might read in a psychology book that being a victim of sexual assault creates trauma, or being present at a natural disaster might have some after-effects in the onset of trauma. However, trauma as a consequence of homelessness is never mentioned in the textbook assigned for a course I took in abnormal psychology.

The book we used was called "Understanding Abnormal Behavior" by David Sue, et al. The course was about learning the psychiatric diagnoses that are current in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. In the chapter on trauma- and stressor-related disorders, homelessness is not listed as a trigger to experiencing trauma. What they categorize as exposure to traumatic events are: unexpected death of a close friend or loved one, another's life-threatening event, witnessing family violence, unwanted sexual attention or contact, severe injury (to self or someone else), motor vehicle accident, threat to one's life, stalking, childhood physical abuse and partner violence. They also did a case study of a veteran diagnosed with post-traumatic stress disorder, and another case study of a woman diagnosed with acute stress disorder after having experienced natural disasters.

I haven't had the privilege to publish a book, so who am I to criticize? But since the cause of Groundcover is to help the homeless community and since I have been homeless myself, I just feel it is important for me to share my opinion on this. As someone who has experienced homelessness and as someone who has seen it happen to others, pretty closely in some of my fellow Groundcover vendors, I just think that we have been affected mentally and react to certain situations in life, in the same way a person diagnosed with post-traumatic stress disorder might react.

I don't think we need a pat on our back from a psychologist. That's not what matters. What matters is the type of treatment we might qualify for only if we are diagnosed. Without treatment, we can't get better. Without getting better, what is the chance we can overcome homelessness and stay housed for good?

Whatever the psychology manuals say or don't, I believe trauma is trauma — and homelessness can definitely be traumatic. Below are several treatment options for trauma-related diagnosis I've learned about that could be helpful to anyone who's experienced trauma — including, in my opinion, homelessness.

Based on what I learned, certain antidepressants show moderate effect in changing serotonin levels and reducing the reactivity of the amygdala (a structure deep in the brain that's

critical to emotional learning) and desensitizing the fear network. The authors talk about other medications like D-cyclosporine, which decreases the intensity of fear felt by a person with PTSD. They talk about Prazosin, which can reduce the nightmares people with PTSD experience. And they talk about "Propranolol, a beta-blocker believed to reduce memory consolidation of a recent trauma (if given within 6 hours of the event)."

Other treatments include cognitive behavioral therapy, which helps patients identify and change dysfunctional thinking in relation to the traumatic event and their beliefs about themselves. Sometimes a trauma patient thinks they are to blame for what happened, or they deny they are worthy. Cognitive behavioral therapy helps them substitute healthier thinking.

Also, there is prolonged exposure therapy that involves imaginary and real-life exposure to trauma-related cues. For this last treatment, there appears to be no evidence of reducing psychological distress or preventing the development of PTSD with a single session. And last, there is another form of therapy called eye movement desensitization and reprocessing. With EMDR, the patient "visualizes their traumatic experience while following a therapist's fingers moving from one side to side." The therapist prompts the patient to change the negative thoughts in relation to the negative experience with positive thoughts. That way, they end up detaching from negative emotions, substituting them with more adaptive considerations of the trauma.

Because trauma is often mixed with physical medical conditions, such as heart disease, high blood pressure, migraines and asthma, there also exists the treatment of psychophysiological disorders. These are mainly relaxation and biofeedback training.

After relaxation training, the patient "acquires the ability to relax the muscles of the body under almost any circumstances." The patient is instructed to focus on one set of muscles at a time — first tensing tightly each muscle for 10 seconds and then relaxing the same muscle they were working on.

Biofeedback is "a self-regulation technique that allows people to alter physiological processes in order to improve physical or mental health." In biofeedback training, a therapist offers instruction on how a patient can voluntarily control a physiological function like heart rate or blood pressure. During training, the patient receives constant feedback regarding a specific physiological activity. For example, blood pressure might be visually represented while the patient learns to maintain it in the desired range.

If you don't have current access to the types of treatment mentioned here, but you have experienced homelessness in the recent past, it might be worth finding out what you can do about it, especially if you feel it is bringing you down. Happy October to you! ●



A rendering shows U-M students' proposed development at Ann and North Main streets, currently a parking lot owned by Washtenaw County. | Kazi Najeeb Hasan

U-M lecturer proposes student-led housing-development accelerator

SPECIAL REPORT: Rethinking the Ann Arbor housing crisis

EMILY BENDA
Concentrate

Ann Arbor's lack of affordable housing has been widely discussed in recent years, with few solutions put into action. But a University of Michigan adjunct lecturer and his graduate students envision a new approach: a student-driven development accelerator that would research potential public properties and create affordable housing plans for them.

The idea comes from lecturer and longtime developer Peter Allen and students in his graduate course, Real Estate Essentials.

"There's a kink in the pipeline," Allen said. "We're not supplying the demand for those people making around \$30,000 to \$60,000 (a year). I don't think we're providing at best 25% of the demand, and that's why rents are so high."

Allen's proposed development accelerator would be a joint effort of the city, U-M students and faculty, and other public entities. Graduate students and faculty from U-M's Ross School of Business, Taubman College of Architecture and other departments would identify and research public properties suitable to redevelop into housing.

Allen's students would do the first round of research and identify potential development sites. Allen proposes further research be done in an additional course and summer internship, alongside U-M faculty and industry professionals. Once completed, the group would make recommendations to its government stakeholders to develop these public properties.

Graduate students in Allen's course already study trends in urban revitalization and complete projects involving development opportunities in cities such as Ann Arbor, focusing on sustainability, mobility, affordability and community.

Maggie Cease, a former student of Allen, says the majority of student projects involve mixed-use buildings.

"We learned how to create a successful (development) proposal," Cease said. "How can we bring community and stakeholder inter-

Don't smoke the 'brochure'



JERRY CHARBONNEAU
Groundcover volunteer

This month's column continues our examination of Ann Arbor's lack of affordable housing and its effect on social and housing inequality. Are social inequality and housing inequality related? Recent research findings reported by the International Monetary Fund in September argue that they do intersect and reinforce one another.

We need to address the structural basis of social inequality and why Ann Arbor is doing far too little to create a diverse and inclusive city with housing justice for all. This article addresses why.

"Don't smoke the brochure" is a metaphor used by the Rev. Steven J. Daniels Sr., pastor of The Second Baptist Church of Ann Arbor. I met with Daniels to discuss the city's housing problem and how it affects residents. He has recently moved here and described his first experience of housing inequality on a panel on housing. A U-M student on the panel commented that he couldn't afford to live near campus and had to live in Ypsilanti, instead. That's when Dr. Daniels realized Ann Arbor has housing inequality and that there's more to our city than the hype.

The 'brochure'

Publication after publication ranks Ann Arbor as a city with great quality of life, high education levels and income, and excellent schools. That's what Daniels means by "the brochure." He says we need to be careful about "smoking the brochure." His concern is that too many residents of the city don't realize the problem of the lack of affordable housing. In my opinion, the point is that Ann Arbor, collectively speaking, doesn't believe or see that there's a problem.

Ann Arbor is a wonderful town, but it is a community struggling to face its shadow — the beguiling "brochure" that arguably lies at the root of our lack of affordable housing and the resulting housing inequality that too often remains hidden. Next month, we'll examine possibilities of confronting and overcoming the brochure. ●

See **DEVELOPMENT** page 10 ➡

Be skeptical of Big Business' ethical turnaround

It seems historic, but one wonders whether, years from now, it will be talked about as a "game changer."

Out of the blue on Aug. 19, the Business Roundtable, a group of nearly 200 chief executives of the largest companies, said it is shifting the purpose of corporations. These leading executives, in a mouthful, now say that "customer value, investing in employees, fair and ethical supplier relationships and care for the community and environment are also the purpose and responsibility of a business, in addition to long-term shareholder value."

The profit motive has been sacrosanct ever since 1970 when Milton Friedman said that, basically, "the only reason a corporation existed was to make money." Over the next close-to-half-century, that was the mantra. The premise was succinctly echoed 17 years later in the film "Wall Street," with the memorable line from financier character, Gordon Gekko, "Greed is good."

Since 1978, the Business Roundtable has issued its Principles of Corporate Governance. Every year, it was about the same. It endorsed the principles of shareholder primacy: that corporations existed principally to serve stockholders, just as Prof. Friedman said. With this new pronouncement, that all got tossed out the window. The new statement supersedes the previous ones and outlines a modern standard for corporate responsibility.

A strong advocate for the statement was JP Morgan Chief Executive Jamie Dimon, also chairman of the Business Roundtable. He had previously strongly defended the Friedman idea, but in recent years had come around, speaking out on the need to address such issues as income equality, racial and gender issues, lack of equal opportunity, immigration and health care. Other business leaders have begun to speak out on the need for companies to be good citizens.

Participating companies in the Business Roundtable are expected to buy into:

- Delivering value to customers
- Investing in employees
- Dealing fairly and ethically with vendors
- Supporting local communities
- Generating long-term value for shareholders.

Ten members did not sign off on these, including the ethically challenged Wells Fargo and General Electric, as well as Kaiser Permanente, State Farm and Alcoa. They want to stick with shareholder value



MARTIN STOLZENBERG
Groundcover contributor

as the only directive.

Previously, all the CEO had to worry about was making dough. And it was usually just the latest quarter they were judged by, not next quarter, not the upcoming year or several years out.

Now it's supposedly a new game. CEOs are going to have a whole new group of stakeholders: the employees, the vendors, the business customers, the consumers, the community and, yes, the shareholders. You can expect that more people will be sitting around the table when corporate decisions are made in the future. Don't be surprised if companies start to pattern themselves on European counterparts with an employee or two on the board as well as consumer advocates.

This gives businesses the opportunity to live up to the country's highest ideals, the notion of a business as a good citizen. But you can bet your bottom dollar they won't forget the profit motive, they'll just add layers to it. Or will they?

At first blush, it sounds blissful, what everyone thinks a business should be like. But maybe it's time to be a little skeptical. It made page one of The New York Times, but it hardly cracked cable news. The talking heads weren't going over it with a fine-tooth comb. And so far, not one of the roughly 180 companies that signed on has come out and said, "Here's what we are now changing as a result of signing on to the new Business Roundtable statement."

Instinctively, people were suspicious. Do we think Amazon is going to suddenly start paying taxes, or slow down its conveyor lines to give its employees a respite? Or that McDonald's will welcome unions? Or that Koch Industries will stop sending pollutants into the air if they can help it? Or that American Airlines will put more leg room into its economy seats? Or that Facebook will ask its viewers whether they want to share their personal information with vendors? Or that Walmart will start paying a livable wage to its workers and give them affordable health-care benefits? Or

that Wells Fargo will stop bilking its customers?

So why did the Business Roundtable announce this "good citizen" statement? Probably because they wanted to sound like they were doing the right thing. That mandate said everything and said nothing. There was no indication of how these goals would be achieved. Nothing about recognizing unions, minimum wages, environmental controls, rights of privacy, how they were going to start paying more taxes or take steps to assure customer care. Nada! Zilch! So, each company can go about business as usual while giving lip service to the new Business Roundtable manifesto.

But the reason for doing this is simply that people no longer have a favorable image of business. Back in 1950, a poll found that 60 percent of Americans had a favorable image of big business. Fast forward to 2017, and a Gallup poll said only 21 percent had a favorable image of big business. Before 1950, it is hard to recall a business scandal; maybe the profiteering of businesses during World War II and the Teapot Dome oil scandals going back to the 1920s.

Since that time there have been so many that we are no longer surprised at the next one. There was the Enron accounting fiasco, Wells Fargo's

fleeing of its customers, the Exxon Valdez and BP oil spills, Walmart paying bribes to get approval of new stores in Mexico, GM spying on consumer advocate Ralph Nader, the Volkswagen emissions scandal and Bernie Madoff's Ponzi scheme, to mention a few.

Then there are the outsized salaries of CEOs, their perks and golden parachutes, and the mantra of corporate profits above all that have prevailed for so long. And then we have consumer advocates like Sen. Elizabeth Warren (D-Mass.), who has been warning that competition is dying and businesses, especially banks, are taking their customers to the cleaners.

Let's face it. These turnabouts are not going to happen readily without further arm-twisting by the American people, the broadcast and social media and the government. And as long as we have lobbyists, these folks will fight reasonable changes tooth and nail. But maybe things are going to get better now, and this Roundtable statement will be a watershed event that marked the beginning of a new economic order. We'll see.

I hope that it [the new Business Roundtable statement] gives companies more room to do the right thing and be transparent about it and say, "Look, this is wrong." ●



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Recuperative care comes to Ann Arbor's shelter



SUSAN BECKETT
Publisher

Every day, people are discharged from hospitals to the streets. With no place to heal and no one to help, infections, illnesses and injuries worsen, leading to poor health outcomes and expensive re-hospitalizations. The Shelter Association of Washtenaw County now offers a solution for some people who are ready for release from the hospital but who don't have a home and are still recovering — a stay in its Recuperative Care Center at Delonis Center.

"I was the third patient [admitted to the RCC], fresh from an amputation," said David Compton. "Forty days ago, I was walking around." Compton is currently confined to a wheelchair. "I came here because I didn't have any place to go that was accessible."

A chef who has supervised numerous restaurant kitchens around Michigan, including Ruby Tuesdays and Audie's on Mackinac Island, Compton looks forward to getting back to work once his wound has healed and he is fitted with a prosthetic lower leg so he can be on his feet again.

"I think I'm the guinea pig for the



Valerie Johnson, case manager for the Recuperative Care Center (right), visits Marc Carter and David Compton at the Delonis Center. | Photo by Jim McBee

University of Michigan hospital," Compton said. He is frequently in touch with U-M hospital social workers who ask about the RCC. They arrange for physical and occupational therapists to come to his room at the RCC and work with him.

Another RCC patient, Marc Carter,

has been impressed with the facility and is eager to help it improve. "I'm helping with my ordeal to help them smooth out the wrinkles," said Carter. He was impressed with the breadth of services. "If you're capable of having your own housing, it [the program] helps you get independent."

The Recuperative Care program is a partnership of the SAWC, Packard Health and 11 other groups including Michigan Medical Group and U-M's Community Technical Assistance, which will evaluate the program. This

See **RECUPERATIVE** page 11 ➔

Getting help at the RCC

Prospective patients must:

- Be independent in activities of daily living or have a care provider come with them
- Agree to the RCC and comply with medical recommendations
- Be bowel and bladder continent
- Be sufficiently medically and psychiatrically stable
- Be able to self-administer IV antibiotics if they are part of treatment, or have a home health nurse to do so
- Not have received benzodiazepine for alcohol withdrawal within 24 hours
- Not have an active, contagious disease, such as the flu
- Be diabetes independent or would benefit from ongoing education and training
- Have a condition with an identifiable end point of care for discharge

A social worker, registered nurse or prescriber can refer patients by faxing paperwork to 734-996-3022 between 8:20 a.m. and 4:30 p.m. Monday through Thursday and on Friday from 8:30 a.m. – 1 p.m. They can follow up with a phone call to 734-662-2829 ext. 254 to inform staff and confirm the fax was received.

If the program director determines that the patient meets the RCC admission criteria and a bed is available, the patient will generally be transferred to the RCC by the discharging facility within two days. The discharging facility also supplies 30 days of necessary medications (unless the recommended course is shorter) and a walker or wheelchair, if required.

National Hispanic Heritage & History Month: ancient American civilization, colonization, independence

National Hispanic Heritage and History Month runs Sept. 15-Oct. 15. It is a time for celebration and reflection. Its history dates back to 1968, when Congress established a weeklong observance. President Ronald Reagan made it a monthlong celebration in 1988.

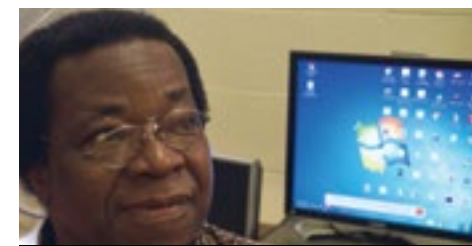
In Ann Arbor and Ypsilanti, there are several events to mark the occasion. University of Michigan's Colleges of Engineering; Business; Public Health; Literature, Science and Arts and other units on campus sponsor educational programs to celebrate the history and contributions of Hispanic Americans. Eastern Michigan University, Ypsilanti Public School System, Ann Arbor Public School System and Washtenaw County Community College have events exploring Hispanic heritage and history.

As of 2010, the U.S. Census reported that there were 57.5 million people of America's population that year.

Archeological and anthropological research shows evidence that ancient American civilization was taking place concurrently with the ancient Greek, Egyptian, Phoenician and Mesopotamian civilizations. Each civilization developed building science and construction technology, navigation and ship-building, agricultural techniques and food cultivation.

"According to current scientific knowledge, human beings did not evolve in North or South America, but instead, arrived by a land bridge that formerly connected North America with Asia," according to theancientweb.com.

The Paleo Indians arrived in America during the last ice age. They passed over the Bering Strait, making the journey from Siberia to Alaska, and built small settlements around 12,000 years ago. A second wave from Asia to Alaska arrived around 8000 B.C.E. This group shared language and genetic connections to other American Indians who stayed in northern regions. They also share similar DNA with the aboriginals of Australia.



WILL SHAKESPEARE
Groundcover vendor No. 258

Olmec civilization

When historians, anthropologists, archeologists and paleontologists talk about ancient American civilizations, their focus is on the Hispanic regions of America. Some cultural anthropologists describe that region as "Mesoamerica."

According to the Khan Academy Encyclopedia, "The Olmec were the first major civilization in Mexico. They lived in the tropical lowlands on the Gulf of Mexico, in the present-day states of Veracruz and Tabasco." The name, derived from the Aztec language, means "Rubber People." Historians tell us that the Olmec community existed from 1600 to 350 B.C. They built pyramids that somewhat resembled Egypt's pharaonic pyramids. Oral tradition and folklore suggest that during the Olmec civilization, some of the Native Americans talked about the "Great Flood" which followed the "Ice Age." The Olmec myth corresponds to ancient Greek mythology that the city Atlantis was swallowed by a flood — now you see it,

now you don't!

Aztecs

The Aztec civilization emerged in Mexico around 1300 and spread to other parts of Central and South America. One common denominator with other regional civilizations was the building of pyramids. The Aztecs made contact with voyagers and explorers from Europe, Africa and Asia. There were more pyramids built in ancient America than in the whole rest of the world combined, according to history.com.

Incas

Mark Cartwright of Ancient History Encyclopedia said that "the Inca civilization flourished in what is now Peru from 1400 to 1533. The Inca empire eventually extended across South America from Quito in the north to Santiago, Chile in the south, making it the largest empire ever in the Americas, and the largest in the world at the time." The Incas built the first suspension bridge in America. Their innovative engineering is a marvel to scholars. The Inca people built a 20,000-road network which still serves modern Andean regions.

Mayans

The Mayan civilization was the largest in Ancient America. It was massive. The Mayan civilization dates to around 2000 B.C. and lasted until the last city fell to the

Spanish in 1697. Mayans built pyramids. They built cities. They developed scientific agriculture. They traveled and traded over long distances. They civilized societies across the Americas.

Colonization & independence

In his fictional story of the Spanish colonization of Central America and South America, "Montezuma's Daughter," adventure writer H. Rider Haggard lamented the horror of the Spanish conquest, inquisition and occupation of American Indian lands. Through the voice of Thomas Wingfield, Haggard talked about time "spent among the Indians when Cortez conquered their country of 'Anahuac' which is now 'Mexico.'" The French colonized Mexico from 1862 to 1867. Other Central American and South American nations, including the Caribbean nations of Cuba, Dominican Republic and Puerto Rico, were colonized by Spain. Historians say Sept. 15 is significant "because it is the anniversary of independence for many Latin American countries. Mexico celebrates her independence on Sept. 16, Chile on Sept. 18, and Belize, during the month of September.

Veronica Vasquez, President of National Image Inc., once said, "Hispanic Americans have recently been subjected to attacks on our loyalty. It is now time to remind people of the many contributions of Hispanics to the history of our nation." The good neighbor policy promoted by President Harry Truman in 1947 is now a distant dream in the southern hemisphere. Emma Lazarus' poem of "Give me your tired, your poor, your huddled masses yearning to breathe free ..." is seemingly replaced by W.B. Yeats' poem, "The Second Coming": "Turning and turning in the widening gyre, the falcon cannot hear the falconer, things fall apart; the center cannot hold; mere anarchy is loosed upon the world." ●



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LETTERS FROM PRISON

Getting to know me

AARON ST. GERMAIN
Groundcover prison correspondent

After my article about prison pen pals, I heard that people wanted to know more about me, so here goes.

I was born in Marinette, Wis., but raised a half-mile away in Menominee, Mich. I am part Native American and am trying to get adopted into the Hannahville tribe of Potawatomi Nation, where my mother and grandfather are enrolled.

I was 10 years old the first time I got in trouble with the law and it was for retail shoplifting. There were more charges over the next two years, along with probation violations. I went into juvenile placement and through two group homes in less than two years, and spent the next three years in a juvenile treatment center.

On my 17th birthday, I was released and did 90 days in jail for failure to comply with the courts (not graduating from my program). From 17 to 20, I was in and out of jail and on probation, then I came to prison when I was 20. I'm now 26.

Prison has been a wake-up call. This lifestyle sucks.

In my head, I used to justify the things I did so they seemed okay. Then I heard other people voice exactly

what I was thinking. That was my aha moment — hearing someone else justify why it is okay to hurt other people. I'm like, "Man, he sounds like a moron!" then realized, "Damn, that's me!" I was disgusted with myself and full of shame.

Now I try to make my days productive. I like to write; I have a journal full of poems I'd love to publish. Another inmate, Robert, told me about Groundcover News.

I enjoy the outdoors. I love to swim, bike and play backyard football. I'm a huge Harry Potter fan (LOL) and a Philadelphia Eagles fan. I'm kind of a nerd. Anime, fantasy and science fiction are musts in my life. I like rock and country music. I'm trying to save money up for a tablet and to buy music for it.

In person, I'm shy, but when I open up, I explode. I can honestly say I'm not like anyone you've ever met. I'm a unique individual.

I love writing people and don't really have anyone to write, so if anyone wants to correspond with me, I'm all in!

Aaron St. Germain #852963

Brook Correction Facility

2500 S. Sheridan Dr.

Muskegon Heights, MI 49444 ●

We can change our authoritarian mindset

KEN PARKS

Groundcover vendor No. 490

If it takes a village, what do we do when our villages are destroyed?

To explore this question, Sunward Cohousing and Conscious Café are hosting a permaculture workshop in early October (see Conscious Café's Facebook page for details). Permaculture is a popular approach to designing (and redefining) human society in ways that promote harmony with nature. Conscious Café, open to the public from 7 a.m. to 3 p.m. every Wednesday, is a local hub for connecting and networking with others around permaculture and related topics.

Let us also look towards Indigenous Day on Oct. 14 with explorations about land that can be shared for a local, indigenous-centered ecovillage. Let's form a team that learns to think together

and get our hands in the earth.

The following paragraphs, written from Cuba, are thoughts that arose after my August Groundcover article, "It takes a village; we can build it." I am in Ann Arbor through mid-October, a good month for indigenous ecovillage planning.

For European-heritage people, we would have to know something of the Roman Empire. Even when some of the Germanic tribes pillaged Rome, the adaptation to authoritarian ways evolved into the Holy Roman Empire with the Church being prominent. The Roman Empire eventually fell, due in no small part to ecological collapse; Rome failed to live within nature's laws and paid the ultimate price.

Like ancient Rome, today the lure of private property and wealth is strong

See MINDSET page 11 ➡



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Bethlehem Church is home of the Groundcover office

OCTOBER 2019 EVENTS AT BETHLEHEM

October 1, 8, 22, 29 Gentle Yoga, 5:30

October 3 German Pretzel Sales, 11-1, \$1 or \$10 dozen
Pre-order at 734-665-6149

October 3, 17 Bethlehem Prayer Circle, 11:30-12:15

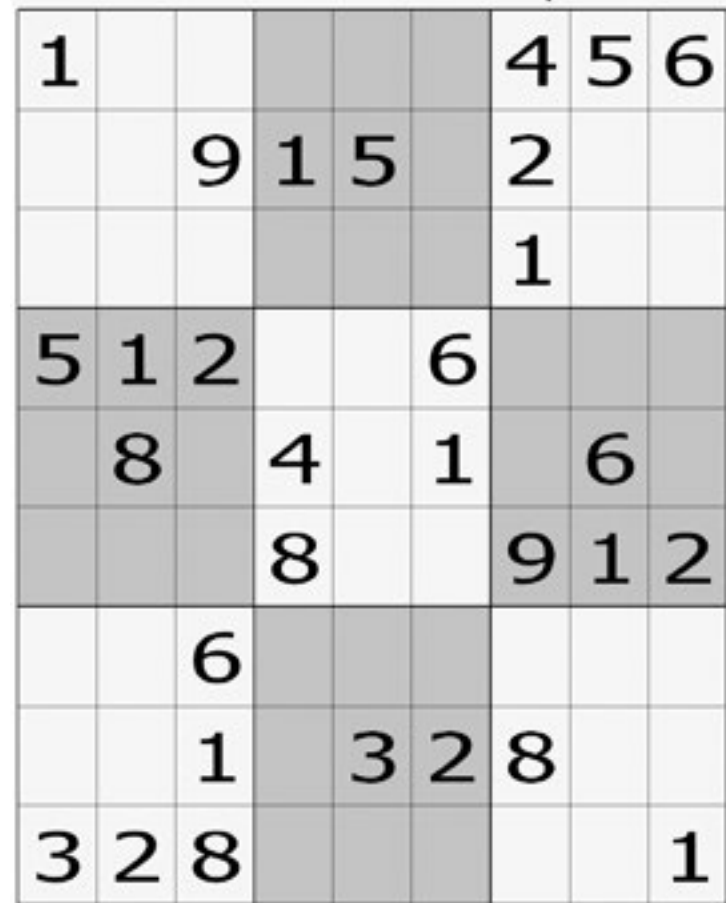
October 4 Oktoberfest dinner, 6:30-8 Ticket orders 734-665-6149

October 5, 26 Football parking in the church lot

October 10 All Church Game Night, 6:30-8:30

Sunday Worship Times
8:30 a.m. Chapel
10:00 a.m. Sanctuary
10:15 a.m. Sunday school
Coffee Connection follows each service

Sudoku ★★☆☆☆ 4puz.com



Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

CRYPTOQUOTE

MTD MNKD NQ YUFYPQ SNWTM

MV AV FTYM NQ SNWTM.

KYSMNR UXMTDS GNRW CS

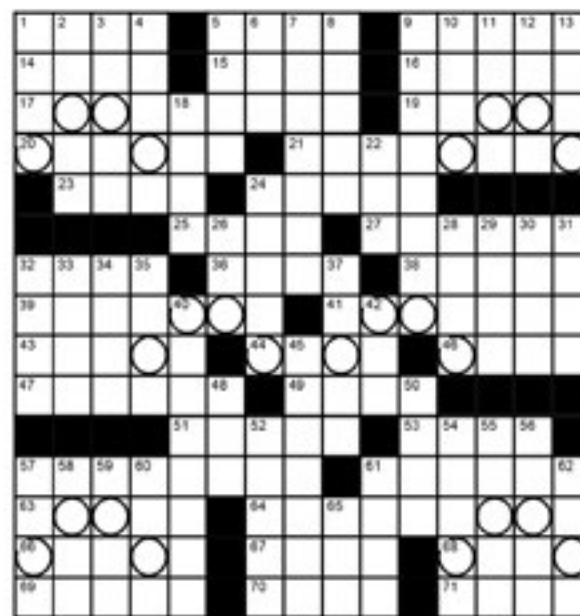
Hint: S = R

Standard Deviation

by Tracy Bennett

ACROSS

- Family man
- Acronym for a 4-discipline educational curriculum
- Deceptive stratagems
- Lincoln and Vigoda, informally
- Juanita's "Howdy!"
- Geologic period
- Colleagues at the office
- "Roger & Me" documentarian Michael
- Pumpkin pie spice
- Mass-times-velocity, or impetus
- What you used to be?
- Jeans material
- Astute
- Framework you can count on?
- Assigned office parking space, e.g.
- ___ of passage (transitional event in one's life)
- Bring joy to
- Not al fresco
- Anarchist's cry at the start of a game, perhaps
- Actor Reeves of "The Matrix"
- Jimmy Cliff classic "___ Rivers to Cross"
- Feel the absence of dearly
- Imitation
- Sudden, forceful wind
- Native New Zealander
- Wedge-shaped leveler
- Comparable entity or equivalent
- The Necto on Friday, or Aut any day
- Joint U.S./Canada military org.
- What Poe's raven quoth
- Words of denial
- ___ toss (pre-game custom practiced at the Big House)
- Standard that's deviating six times in this puzzle
- Enjoyed Boyne Mountain, say
- "Green" deadly sin
- Vodka brand that sounds heavenly



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DOWN

- Lowly chess piece
- Roughly
- Capital of Western Australia
- "___ Another" (NPR's radio puzzle game show)
- Catch flies, in baseball
- "Sesame Street" viewer, typically
- Neon or nickel, e.g.
- Bricklayer or stonecutter
- "Don't forget!"
- Tarantino's "Once ___ a Time in Hollywood"
- Chimney buildup
- Light beige paint shade
- Biblical brother of Ham and Japheth
- Not bold
- Soccer star Hamm
- Belief in a non-intervening creator
- Misclassify, say
- Michigan grad, e.g., at a class reunion
- Hollywood's state, informally
- Salt Lake City collegians, for short
- Cong. period
- Fish that's also a dive
- Cabinet dept. concerned with power
- Suggested vitamin amts.
- Hawaiian coffee variety
- The blahs
- No longer fashionable
- They may precede veys
- Mutually accept
- Veer suddenly
- Old Russian ruler
- Part of a pint or pound
- Sacred songs
- Bygone Apple laptop
- Tie the knot
- Authors Patchett and McCaffrey, for two
- Certain e-reader or alcove
- Intro to drawing class, perhaps
- Glittery golden cloth
- Millennials, informally
- ___ Martin (cognac brand)
- Woman's nickname that's a Roman numeral palindrome

Groundcover Vendor Code

While Groundcover News vendors are contracted self-employers, we still have expectations of how vendors should conduct themselves while selling and representing the paper. Every vendor reads and signs this code of conduct before receiving a badge and papers. If you discover a vendor violating any tenets of the code, please contact us at contact@groundcovernews.com or 734-263-2098 and provide as many details as possible. Our paper and our vendors should benefit our county. All vendors must agree to the following:

- Groundcover News will be distributed for a voluntary donation of \$2, or the face value of the paper.
- I agree not to ask for more than face value or solicit donations by any other means.
- I will only sell current issues of Groundcover News.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper.
- I will wear and display my badge when selling papers.
- I will only purchase the paper from Groundcover News Staff and will not sell to or buy papers from

- other Groundcover News vendors, especially vendors who have been suspended or terminated.
- I agree to treat all customers, staff and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover News under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover News but a contracted worker responsible for my own well-being and income.

- I understand that my badge is property of Groundcover News and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover News.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor. I will also abide by the Vendor corner policy.

Bran muffins

ELIZABETH BAUMAN

Groundcover contributor

Ingredients

1 cup brown sugar
 ½ tsp salt
 ½ tsp vanilla
 ½ cup oil
 1 egg
 1 cup milk
 1 cup flour
 1 cup bran
 ½ tsp baking soda
 2 tsp baking powder

Directions


Mix first five ingredients together, then add the remaining ingredients. Bake at 425 degrees for 10 to 12 minutes. Store in an airtight container.

This recipe is courtesy of Ann Schrieber. It was from Rose, a much-beloved member of her family.

Upcoming book

by Kevin Spangler and Ariel Magidson

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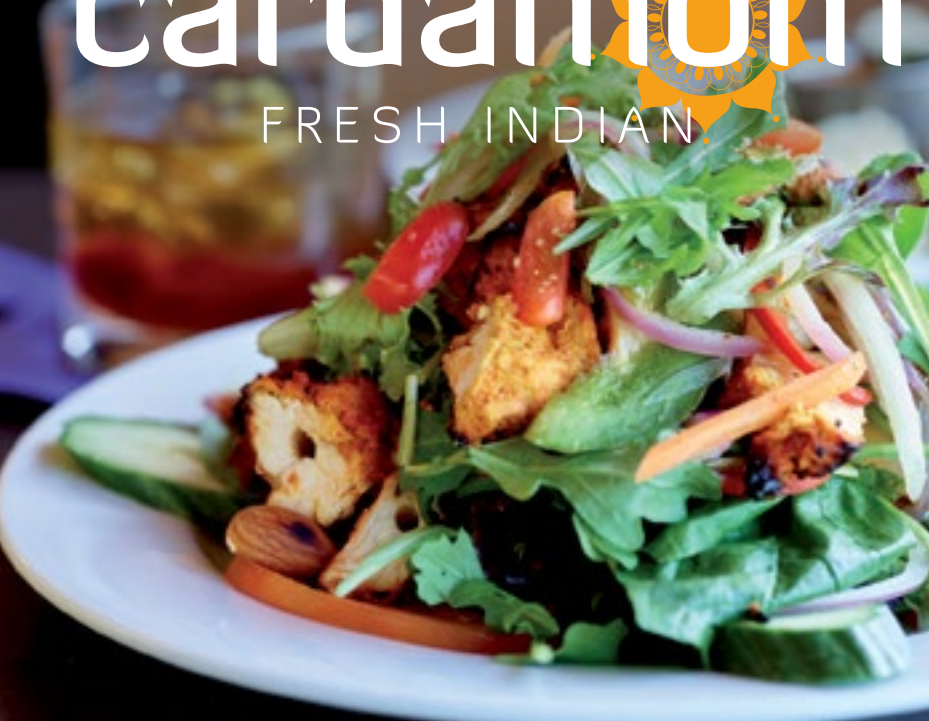
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